

Black Bean Soup

Rating: ★★★★★

Makes: 4 servings

Ingredients

1 cup onion (chopped)
3/4 cup celery (chopped)
2 teaspoons garlic (chopped)
1 1/2 cups beef broth (fat removed)
2 cans black beans (15 oz. each, drained and rinsed)
1/2 cup salsa (thick and chunky)
1 1/2 teaspoons cumin
1/2 teaspoon onion powder
1/4 teaspoon oregano (dried)

Directions

1. Combine all ingredients in a saucepan.
2. Cover and simmer for 20-25 minutes or until vegetables are tender.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	160	
Total Fat	1 g	2%
Protein	8 g	
Carbohydrates	27 g	9%
Dietary Fiber	8 g	32%
Saturated Fat	0 g	0%
Sodium	860 mg	36%